

# Advance Care Planning – Los Altos/ Los Altos Hills Senior Programs

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## **A 3-session series of workshops for Senior Program members and their families.**

### **Session 1: Introduction to Advance Care Planning**

Importance and terminology of life care & health care planning. Who should do this planning? When?

Film: “Being Mortal” based on writings of Atul Gawande, M.D. Discussions: Using appropriate guidelines discuss the film, and importance of communication.

The importance of Values Clarification in health care decisions. Review a values questionnaire: how this can help you and loved ones with decisions about your future care.

Introduction to the requirements of Advance Directives in California

\*NOTE: Some participants may have prepared an advance directive along with preparation of a Trust or Will while working with an estate planning attorney. It is a good idea to review your current Advance Directive YEARLY. You can prepare a new document in this program it can better express your values. This new document then AUTOMATICALLY revokes the old document.

\*NOTE: Kaiser facilities have an excellent program for “Life Care Planning” through the nationally known program “Respecting Choices.” For those who have Kaiser medical insurance their program may make the most sense.

[A Values questionnaire & one or more forms of a model Advance Health Care Directive will be provided for all participants.]

## **Session 2: Your VALUES and your Advance Health Care Directive**

Discussion: Questions and comments from Session 1

Small group (3-6) discussions with a coach to help clarify values.

Introduction to Interventions (treatments) used within the Medical system [RN, NP, PA or MD presentation] when a patient is seriously ill.

Small group discussion of the model Advance Directive documents; inquiry regarding choices on a Directive.

Selection of an Advance Directive “form” to use. Participants can complete the “form” at home with a loved one or in the workshop.

Introduction to POLST and it’s role in advance planning.

## **Session 3: Complete the Advance Directive with appropriate witnesses**

Review and questions with small groups with a coach. [The Participant’s named agent is encouraged to attend this workshop]

Complete witnessing of the AHCD documents in the groups. When the AHCD document is signed, two people (not relatives) must witness the signatures. The groups of three participants are designed for this purpose.

CELEBRATE!

Now what do you do with this document? Who should have copy? Where should you keep the original and any copies? Are there additional plans to consider?

P.O.L.S.T. Discussion about and review of the POLST Document. [RN , NP, PA or MD other leads discussion]. Review of what is meant by “care” or “intervention.”

View and Discuss video “End Game” [40minutes]

Evaluation.

## FORMAT:

Suggested time at Senior Program: 2 hour sessions (possibly 1.5 hours): Weekly for 3 weeks.

Most materials can be photo-copied &/or printed on site for participants. Most materials available from “Coalition”. [A few useful materials are available for purchase at modest cost.]

What kind of budget must be allowed for materials, use of space, beverages, snacks, etc.

“Coaches” can include people who volunteered during training, interested community members who have appropriate medical/health care experience, retired health care professionals, etc.

## **Further Questions for Commission / Staff:**

Is there available space at Grant or Hillview or Los Altos Hills? Where should the first (pilot?) program be offered? [Some space may be available at El Camino Hospital, or elsewhere...to be determined.] How much lead time should be allowed? Should this program series be offered as a pilot? Should this pilot program be a.m. or p.m.? OR Should more than one series be planned now?

Should there be a modest charge? Plan with a “bag lunch” break or with snacks?